

HOW TO LIVE ON FIFTEEN CENTS A DAY

Army Officer Tel's Women
of America How to Save
Home Expenses.

OMAHA, Feb. 19.—Major William H. Bean of the United States Army, Department of the Missouri, has made himself a target for the curiosity of womankind in every part of the United States. For years he has studied the food problem, always seeking in his own household greater simplicity in the character of meals and corresponding economy. When he became attached to the commissary department of the army three years ago he had an opportunity to try his experiments on a large scale. Last month he made up his mind to tell the world all about the result.

And ever since he has been deluged with letters from the women who wrestle with the problem of daily living all over the country and who want to know all about it. So fast has this correspondence been increasing that the major has been compelled to utilize the spare time of the clerks in his department in order to keep up with it.

SYSTEM IS SIMPLE.

Major Bean has solved the problem of "How to live on fifteen cents a day," to his own satisfaction, and that of a large number of husky workmen who are employed as day laborers by the Department of the Missouri and who have been made part of the experiment.

When the news spread and people were invited to go out to where these men were being fed every day and partake of the food themselves half the housekeepers of Omaha got excited and now there are hundreds of homes here where what has come to be known as the "Bean system"—not the bean of commerce, but the Bean of the army—is in active and successful operation.

The basic principle of this economic method of living is old and simple enough. It is built on the theory that the plainest fare scientifically cooked is more nourishing and a great deal more palatable than all the delicacies of the season crowded into the human stomach and only relished because they cost a lot of money.

PLAIN FOODS THE BEST.

Major Bean has become so weary of answering letters from women requesting complete information about the method he advocates that he has now taken refuge in printed circulars, which he is sending broadcast. These circulars explain in detail exactly what people want to know. The major declares that the world nowadays is too fond of satisfying the eye with their food instead of the body. "We must have the first strawberries," he says, "that come from the South, new potatoes, the early garden produce, and the advance fruits. The secret of cheap living is to buy fruit, produce and vegetables when the season is on and the price is way down. Then, instead of the myriad kinds of breakfast foods that lack nourishment the food popular with our forefathers ought to be utilized. Corn meal, for instance, costs a third of a cent a pound. The fancy breakfast foods average about 15 cents a pound. Yet there is no comparison in the respect of nutriment, and the corn meal properly cooked can be made as appetizing as the high-priced substitute."

The economy that can be brought about in the use of meats is another part of the subject that the author, or rather the reviewer, of this principle has proved feasible. He tells us to choose the substantial meats instead of wasting time on mixed concoctions that have no nourishment and do nothing but tickle the palate.

EXPERIMENTS ARE MADE.

Beef must be eaten for nutriment and

bacon for fat producing qualities. Then he says that the most inexpensive salt is as good as the best, that pure sugar and pure vinegar can be obtained without paying fancy prices for them. And finally he insists on perfect cooking, which, he declares, "will make the plainest food taste like the viands of a millionaire."

A return to the simpler tastes of a preceding generation is urged if the race is to retain its physical strength and its mental elasticity.

The most interesting features of Major Bean's movement are the earnest and careful manner in which he has set about proving the correctness of his theories, and the enthusiasm that his belief has created among the women of Omaha and other cities that have heard of it. When he began to experiment on a large scale he took thirty-three laboring men who were employed at the barracks, and after securing their permission to handle their food supplies for a stated term, began giving them their three meals a day.

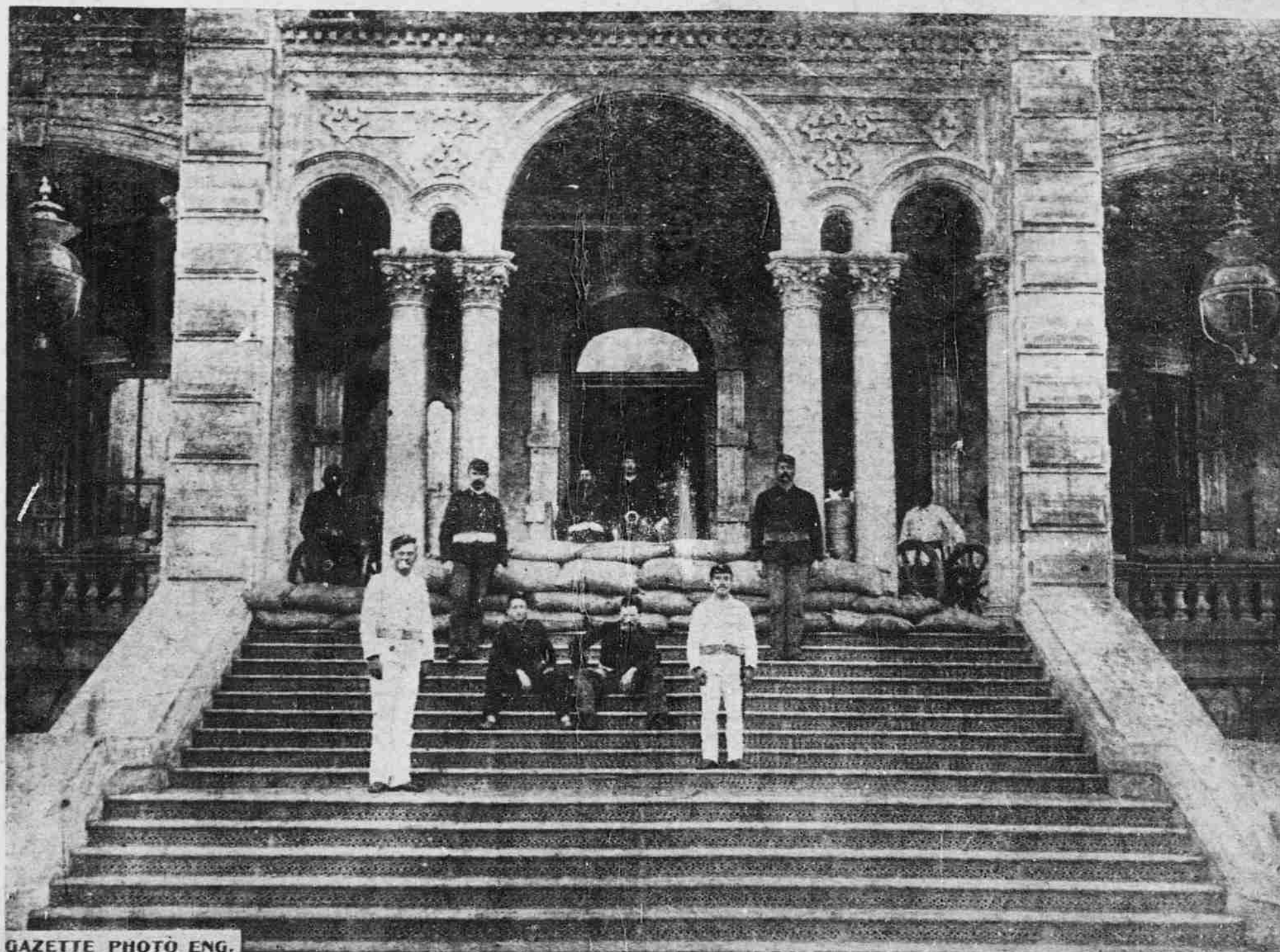
ALL COOKED PERFECTLY.

Everything was strength giving and substantial. The fare served at various times consisted of roast beef, bacon, beans, potatoes, onions, corn meal, prunes, canned tomatoes, coffee, all the condiments and all kinds of bread. The major personally supervised the cooking, which was up to an extraordinary standard of perfection. Everything of the character of warmed over dishes was barred. Before a week had passed the men expressed themselves as delighted with the change in the appearance and taste of their food, but wondered how much they would be called upon to pay for the added pleasures of the table.

The cost was figured up carefully, and it was found that the average of each meal per man, including the cooking and incidental service, was a little over 4 cents. In no one day did the cost of a meal exceed 5 cents.

When the story of this experiment was made known hundreds of people in

OLD HONOLULU SCENES



GAZETTE PHOTO ENG.

WHEN THE PALACE WAS FORTIFIED TO PREVENT THE RESTORATION OF THE QUEEN—1894.

THE UNCLAIMED LETTERS.

HERBERT MELTON AYRES.

Oh the paths of the list of unclaimed letters,
And the tales of tear-washed grief they have to tell,
To exiles bound by circumstance's fetters—

Some dead to hope or fear of heaven or hell;
Missives they of sweet remembrance, tender longing,
Messages of conscience-stirring, sad regret,
And they're waiting for a claimant in the office,
Links joining hearts that love and that forget.

Some are writ by mother hands, half a world away,
To the boys that bartered friends and home,
For the roaming of the earth—for a night of play—
For the jeweled fortune of the foam;
Some were sent by maidens lone, to the lads they love,
(Solemnly they pledged that they'd be true,
Underneath the April-moon, twelve long months ago)
Gathering passion's rosemary and rue.

They come and come, the list grows ever longer,
They bide their time and then at last they go
Back to the sorrowing vision of their senders,
Each freighted with ungratefulness and woe;
The mother's hair turns just a little whiter,
The maiden, broken-hearted, sits and grieves—
The dingy, home-returning, unclaimed letters
Are dying love's fast-falling autumn leaves.

Think of those fond, anxious ones, lads from over-sea—
You needn't tell the truth when you write home,
Just a line of hopefulness of better things to be,
Just a word of greeting o'er the foam;
Things may mend and all come well—you may keep your pledge,
To the girl you kissed that April night,
A letter to the mother heart may break ill-fortune's spell,
Sit right down and send it home to-night!

Omaha asked to be allowed to try the ration that meant an outlay of 15 cents a day. The major willingly accommodated them, and, sitting down at the table with the workmen, proprietors of restaurants, professional men and business people of Omaha sampled the meals for themselves, and at once added their testimony to that of the others.

Major Bean has adopted this system rigidly in his own household. He has cast out all such insidious evils as "made dishes" and buys all his food for the nutriment it contains, regardless of its cost in the market.

HE WOULD QUIT OFFICE FIRST.

Rear Admiral Henry Palliser of the flagship Imperieuse, commanded the British squadron on the Pacific. The English government had just made Monterey, the old Mexican and Spanish capital of California, a supply station, and the admiral was going in there for the first time. Desirous of honoring the little port, Admiral Palliser sent an officer ashore to ask the mayor if the war ship fired a flag salute could Monterey return it. The mayor was greatly disturbed. To forfeit the salute to the American flag was not to be thought of, but how was the compliment to be returned? Upon the hill overlooking the bay was an ancient Mexican cannon, remnant of Spanish rule. It was used every Fourth of July, and the mayor concluded it would do. But the main difficulty to overcome was to collect a supply of powder large enough to fire twenty-one guns. However, by 2 o'clock all was ready and the mayor sent word to the admiral that Monterey was prepared. The flagship began booming her salute at intervals of five seconds, and in a couple of minutes the flag salute of twenty-one guns had been fired. A large crowd had gathered on the hill to watch the progress of the seventeenth century cannon. "Boom!" went the first report, and a cheer went up. And then something happened. The old cannon got so hot and acted so queerly that fully fifteen minutes elapsed before the second shot was attempted. But the mayor was determined, so just at sunset the twenty-first shot to the British flag was fired. As the mayor left the hill he was heard to say: "If another foreign flagship comes here to be saluted I'm going to resign office."

A RAGTIME PHILOSOPHER.

I don't pay no taxes an' I don't pay no rent.
It happens sometimes dat I ain't got a cent.
But I sings jes' de same an' I don't raise a row,
'Cause I knows till I's dead I'll keep livin' somehow.

Sometimes I has shoes as I goes down de street,
And sometimes I's walkin' right down on my feet.
But trouble ain't gwine foh to catch me, I vow,
'Cause I knows till I's dead I'll keep livin' somehow.
—Washington Star.

CHURCH SERVICES TODAY.

CENTRAL UNION, Kincaid, morning and evening; Christian Endeavor, 6:30.
CHRISTIAN CHURCH, 11 a. m., song service and communion; 7:30, Hopwood.
GERMAN LUTHERAN CHURCH, Felmy, morning.
KAWAIAHAO CHURCH, Parker, morning and evening.
METHODIST CHURCH, Hopwood, morning; Pearson, evening.
REORGANIZED CHURCH OF LATTER DAY SAINTS, Waller, morning and evening.
ROMAN CATHOLIC CATHEDRAL, Services at 6, 7, 9, 10:30, 2 and 7.
ST. ANDREW'S CATHEDRAL, morning and evening.
ST. CLEMENT'S EPISCOPAL CHURCH, morning and evening.
ST. AUGUSTINE'S CHAPEL (R. C.), Waikiki, Valentin, services at 8:30 and 3.
ST. JOHN THE BAPTIST (R. C.), Kalihi-waena, Clement, 8:30 a. m., high mass with sermon and collection; Sunday school after mass; 4 p. m., rosary.
OUR LADY OF THE MOUNT (R. C.), Kailani, Clement, 10:30 a. m., mass with sermon, collection and stations of the cross.

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In her ear, "Te deum te dea, that is
my favorite tune," says he. We roused
him, fed him and today, ten years after
the event, he weighs 240 pounds. The
therapeutics of vibration or noise is yet
to be written. So I have discovered
that anything that can rouse the sub-
conscious, subliminal self will cure my
patient when all drugs fail, and noise
is a very cheap agent.—Medical Brief.

Inclosed was a patent medicine ad-
vertisement clipped from a newspaper.
Beneath a picture of an insomnia pa-
tient were the following questions:

How is your digestion? Is your
stomach weak? Does it subject you to
inconvenience and distress by day and
disturb your rest by night? Does in-
digestion acquaint you with the horrors
of insomnia?

The letter was written on official war
department paper, and the handwriting
was that of former Secretary of War
Root.

THE HORRORS OF DIVORCE

BY THE MARQUIS DE CASTELLANE.

Divorce is the order of the day; it is a la mode. People
divorce in America, and they divorce in France. In Italy the
deputies are discussing the matter with their fists.

I have known a grand German duchess who played whist
with her three former husbands as partners. Another I knew
who refused her first husband's hand in third marriage.

These great dames claimed a certain respectability. They
were well within the law. And yet when they passed any-
where people looked after them with a smile—a smile that
was not prescribed by the law, but which meant contempt.

I believe that divorce should be admitted as a law, but
I do not see why women should lightly have recourse to it.
In nine cases out of ten it is the woman who applies for
divorce. It leaves her free. But what about her honor?

Few people will believe that women apply to the courts
for divorce out of sheer virtuous impulse. It is true that in
certain classes of society people smile at virtue. Yet it be-
comes the female sex so admirably. Is there anything that
enhances the beauty of a maiden so much as her modesty?

Physical beauty is not all. We also yearn for a certain
amount of moral beauty. There is nothing so horrible as
the sight of a young mother who has left her children in
charge of her former husband.

I am mistaken. There is another still worse. It is the
case of the father who cannot visit his dying child without
meeting the new husband of his former helpmate.

Divorce is amusing only so long as we do not see it
actually as it is in private life. A close acquaintance with
divorce is disagreeable. The soft light of intimacy discovers
its horrible wounds.

To make divorce amusing it must be represented on the
stage in the midst of illusive flesh lights that cover its loath-
some shadows.